IN THE UNITED STATES PATENT AND TRADEMARK OFFICE

In re application of:)
	Paul L. Hickman)
Serial No.:	10/773,617) Art Uni) 3764
Confirmation No.:	7761) 3704
Filed:	February 6, 2004)
For:	EXERCISE AND HEALTH EQUIPMENT)
Customer No.:	022913)
Examiner:	Glenn E. Richman)

AMENDMENT "F"

VIA EFS-WEB Commissioner for Patents P.O. Box 1450 Alexandria, VA 22313-1450

Dear Sir:

In response to the Office Action dated October 16, 2008, please amend the above-identified application as follows:

Amendments to the Claims are reflected in the listing of claims which begins on page 2 of this paper.

Remarks/Arguments begin on page 8 of this paper.